# Climate Change and Human Health Literature Portal

National Institute of
Environmental Health Sciences

# Foreword: Mediterranean diet and climatic change

**Abstract:**

Changes in diet, reducing animal products and increasing consumption of vegetables can not only benefit human health and the overall use of land, but can also play a decisive role in the politics of climate change mitigation. In this sense, the Mediterranean diet (MD) is presented as a sustainable cultural model, respectful of the environment, whose adherence in Mediterranean countries should contribute to mitigating climate change. The recognition of the MD as an Intangible Cultural Heritage of Humanity by UNESCO in 2010 obliges the Mediterranean Diet Foundation to continue waging this recovery process and to promote our ancient food traditions in a prism of sustainability and commitment to the environment.

## Resource Description

**Exposure :** ☒

weather or climate related pathway by which climate change affects health

 Ecosystem Changes

**Geographic Feature:** ☒

resource focuses on specific type of geography

 None or Unspecified

**Geographic Location:** ☒

resource focuses on specific location

 Global or Unspecified

**Health Co-Benefit/Co–Harm (Adaption/Mitigation):** ☒

specification of beneficial or harmful impacts to health resulting from efforts to reduce or cope with greenhouse gases

A focus of content

**Health Impact:** ☒

specification of health effect or disease related to climate change exposure

 Health Outcome Unspecified

☐

**Intervention:** ⊠

strategy to prepare for or reduce the impact of climate change on health

 A focus of content

**Mitigation/Adaptation:** ⊠

mitigation or adaptation strategy is a focus of resource

 Adaptation, Mitigation

**Resource Type:** ⊠

format or standard characteristic of resource

 Review

**Timescale:** ⊠

time period studied

 Time Scale Unspecified